

legume Spotlight:

Lentils are healthy, nutrient-rich legumes with an earthy, mild, nutty flavor that works well with many meals.

Nutrient Benefits

- Lentils are a rich source of protein, folate, iron, potassium, and manganese.
- Lentils are a rich source of fiber (both insoluble and soluble).
- Lentils contain resistant starch, which delays the absorption of carbohydrates.
- Lentils are a source of prebiotics that feed healthy gut bacteria.

Lentils

About Lentils

- Common lentils in the U.S. are green, brown, black, red, yellow, and orange.
- Lentils are sold whole or split. Whole lentils take longer to cook.
- Lentils are available dried or canned.
- You do NOT need to pre-soak lentils before cooking.

Lentil Minestrone Soup

This soup starts with plenty of vegetables and hearty lentils simmered to make a rich and tasty meal for a hungry family.
Serves 6

Ingredients

- 1 tablespoon olive or vegetable oil
- 1 yellow onion (peeled and chopped)
- 2 cloves garlic (peeled and minced)
- 3 carrots (scrubbed and diced into 1/4-inch pieces)
- 1 celery stalk (diced into 1/4-inch pieces)
- 1 sweet potato (scrubbed and diced into 1/4-inch pieces)
- 1 zucchini (diced into 1/4-inch pieces or 1 cup of frozen zucchini)
- 2 cups canned low-sodium, diced tomatoes (including liquid or fresh tomatoes)
- 1/2 cup lentils (brown or red)
- 8 cups water
- 1 cube low-sodium chicken bouillon
- 4 cups kale (washed and chopped into 1/4-1/2-inch pieces)

Directions

1. Put a soup pot on the stove over medium-high heat. When the pot is hot, add the oil. Add onion and garlic and cook about 7 minutes until golden.
2. Add carrots, celery, sweet potato, and zucchini and cook about 10 minutes until slightly tender.
3. Add tomatoes, lentils, water, and chicken bouillon cube and bring to a boil over high heat. Turn the heat down to low, cover and cook 40 minutes.
4. Add the kale and cook an additional 20 minutes. Serve right away or cover and refrigerate for up to 3 days.



Recipe and photo courtesy of MyPlate: <https://www.myplate.gov/recipes/myplate-cnpp/lentil-minestrone>

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